

January 2005

4th Landing Support Battalion Family Newsletter

www.mfr.usmc.mil/4thlssg/4thlsb/



Get the
MCCS One Source
Information Brief!



MCCS One Source **is a comprehensive source to help you face life's everyday challenges.**

Marine Corps Community Services introduces **MCCS One Source**...a Marine & family resource program to help make your life a little easier. Online or by phone, MCCS One Source is fast, confidential, and easy to use. It's pre-paid. And best of all, it's there for you any time of the day or night, wherever you are. The program can give you information, advice, and support on a wide range of everyday issues, including parenting and child care, education, older adults, financial, legal, and everyday issues.

MCCS One Source offers you:

- A real person to talk to when you need an answer to a question
- An award-winning Web site with online articles, workshops, locators, and much more
- Free booklets, audio recordings, and other materials to help you get the answers you need in the format you want
- Referrals to resources, services, and support in your community
- A commitment to always being there when you have a question or need help.

Get in touch with
MCCS One Source today.

Online: www.MCCSOneSource.com
(User ID: marines; Password: semperfi)

From the U.S.	800-869-0278
From outside the United States (where available):	800-869-02788
En Español:	888-732-9020

To download the MCCS One Source Information Brief, go to:

<http://www.orchestratedmedia.com/ceridian/>

Follow the instructions on the screen. The Information Brief is a 12-minute PowerPoint presentation that you can watch and listen to at any time. You will need to have either Microsoft PowerPoint or PowerPoint Viewer 97 installed on your computer to view the presentation. This page tells you how to download, install and run both the PowerPoint Viewer 97 and the Presentation.

WITH THE PENDING RETURN OF OUR MARINES WITHIN THE NEXT FEW MONTHS WE STRONGLY RECOMMEND THAT SPOUSES AND FAMILIES DO NOT TRAVEL TO CALIFORNIA TO MEET THEIR MARINES. WE ARE ATTEMPTING TO EXPEDITE THEIR RETURN TO THE RESERVE CENTER IN FORT LEWIS. ONCE THE MARINES RETURN TO FORT LEWIS THEY WILL BE PLACED IN A 96 HOUR LIBERTY STATUS. AT THIS TIME WE DO NOT KNOW IF THE MARINES WILL RECEIVE A 96 HOUR LIBERTY PERIOD WHILE IN CALIFORNIA.



Alpha Company Marines with the Secretary of the Navy

In Al Asad, Iraq

RETURN AND REUNION INFORMATION

INFORMATION IS AVAILABLE AT THE FOLLOWING WEB SITES:

RETURN AND REUNION WORKSHOP FOR SPOUSES AND FAMILIES

http://www.lifelines2000.org/return/Reunion_files/frame.htm

RETURN AND REUNION GUIDE FOR FAMILIES AND MARINES

<http://www.usmc-mccs.org/MCFTB/return/Marine%20Corps%20Return%20and%20Reunion.pdf>

RETURN AND REUNION INFORMATION FOR MARINES

<http://www.usmc-mccs.org/MCFTB/return.asp>

FAMILIES ARE ENCOURAGED TO VISIT THESE WEB SITES PRIOR TO THE RETURN OF THEIR MARINE

LCDR Stephen Weber
Chaplain, 4th LSB

The night before we pulled into port the ship was abuzz with preparations and excitement. Sailors and Marines were coming home. The final 30 days of the deployment had been ticked off like a child waiting for Christmas, and now there was to be just one more “wake up.” There wasn’t a frown to be found on that vast carrier, a city at sea. Everyone was looking forward to being home. The next morning, in true Navy style, the sailors lined the rails as the ship slowly steamed into the harbor. Soon shouts of joy could be heard from the shoreline. Families, parents, wives, husbands and children were waving in the early morning sunlight. Homemade signs proclaimed emotions long held in check. The days and nights of letter writing and e-mail and care packages had come to an end.

Coming home from a deployment or mobilization ranks as one of the best experiences we can have. To return to loved ones or have your loved one step off that plane or ship or bus is among the greatest moments we can know. It means a relationship has endured a long separation successfully. And it means a relationship has a new beginning.

The best advice I ever heard about coming home from long deployments is to go slow. Remember that life for your wife or husband and children has gone on while you have been away. Daily living patterns have been set and for a while

you may feel a bit like an outsider. Go slow and allow time to re-enter the world you left. It may be tempting to hit the ground at a furious pace and try to make up for the months you missed. But those months have been lived and the focus needs to be on becoming re-acquainted with the primary relationships in your life. Spend time with each member of your family. Be careful not to expect things to be the same as before you left. Go slow and give yourself and others space to enjoy getting to know each other again.

The chaplain’s office has some helpful literature about return and reunion. Stop by and become better informed about how you can come home and have a successful reunion with those you love. As always we, your chaplains, are here to help you and provide counsel as you serve our nation.

Chaplain Contact Information:

Chaplain Weber
360-424-7675 Office
360-416-0268 Home
360-708-8472 Cell
sweber@mympres.com

Chaplain Shaw
253-631-0100 Office
253-468-4221 Home
dsahw.zionkent@comcast.net

REMINDER

If your loved one is seriously injured you will be notified by the Family Readiness Officer (FRO) within 24 hours of the FRO receiving the information. Don't believe the so-called "prank" phone calls that something has happened to your Marine or Sailor. Report such activity to your local police department immediately. Trust only what you hear from your Marines Command, FRO, or from your loved one.

KV CORNER...

Reunion is a time for adjustment on both sides; our Marines are shifting into a previous way of life. They are returning to children that may have experienced separation anxiety, confusion, withdrawn emotions, and in some cases anger and unfamiliarity. This fragile state of mind needs delicate understanding and assistance in discussing why those feelings are present. Helping a child to cope is essential to placing the parent back in the home environment. The spouse has other emotions to balance. Playing both roles in the home in their absence, having taken over the housework, bill paying, home repairs, etc. The spouse of a deployed Marine becomes very strong and independent. Adjusting to a more modest role and allowing the Marine to feel needed and wanted is vital for other issues that may arise. Intimacy, a flood of emotions may set in and cause some awkward feelings. Make sure you talk to your loved one about what is going through your mind, share what you do while your apart, discuss personal goals, marriage goals, your plans and hopes. Share the weight of the responsibility to the commitment of your relationship and family, as well as belonging to each other's families. Time together is a great way to reconnect after a deployment. Plan a simple vacation or activities to re-familiarize with each other and children, somewhere away from stressful situations. Patience, as some Marines may be able to resume civilian work with ease, some will have a more difficult transition. Some family members have had to quit work and others have had to seek employment to get through a deployment. Although a financial adjustment may occur, working together as a team will be most helpful.

Cindy Griffin

Unit Telephone Numbers

4th LSB Staff Duty NCO 253-988-1071
Major Willis-Family Readiness Officer 253-968-7104
willisrm@mfr.usmc.mil
SgtMajor Humphries-I-I SgtMaj/AFRO 253-967-2869
humphriesta@mfr.usmc.mil
LtCol Proctor-PWST 253-968-7112
proctorga@mfr.usmc.mil

Key Volunteer Coordinators

Mrs. Elisabeth Willis 360-802-9688
rmwesw@comcast.net
Mrs. Stacy Morgen-Demer (I-I) 253-678-5094
facemorgen@yahoo.com

Key Volunteers

Mrs. Cindy Griffin (H&S Co) 253-630-3124
Gcinfull@aol.com
Mrs. Lynn Craig (I-I) 253-847-9302
lmcnola@msn.com
Mrs. Bobbie Rickter (A Co) 360-458-8605
brickter@myway.com

· Key Volunteer Training-

www.marinenet.usmc.mil/portal/course-kvn.asp

L.I.N.K.S. Information- http://www.usmc-mccs.org/MCFTB/Links/ftb_links_main.asp

TRICARE-1-800-404-4506

TRICARE ASSISTANCE:

<http://www.samhouston.army.mil/thems/them.asp>

Reserve Affairs

<http://www.defenselink.mil/ra/familyreadiness.html>



FREE COMPUTER CLASSES AVAILABLE THROUGH THE TECHNICAL AND RESOUCE CENTER (TARC) LOCATED AT THE STONE EDUCATION CENTER ON FORT LEWIS

January 2005 Workshops

Workshops Are Free for Retirees, Family Members and Civilian Personnel

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 New Year's Day
2	3 Intro to Computers 1:30 - 3 PM	4 Intro to Keyboard Use 1:30 - 3 PM	5 MS Office Applications 1:30 - 3 PM	6 Intro to MS Windows 1:30 - 3 PM	7 Open Lab Workshops 1:30 - 3 PM	8
9	10 Intro to MS Word 2000 1:30 - 3 PM	11 Intro II to MS Word 2000 1:30 - 3 PM	12 Intro to MS Excel 2000 1:30 - 3 PM	13 Intro II to MS Excel 2000 1:30 - 3 PM	14 Open Lab Workshops 1:30 - 3 PM	15
16	17 Dr. Martin Luther King's Birthday	18 Intro to MS PowerPoint 2000 1:30 - 3 PM	19 Intro II to MS PowerPoint 2000 1:30 - 3 PM	20 Intro to MS Access 2000 1:30 - 3 PM	21 Intro to MS Access 2000 1:30 - 3 PM	22
23	24 Intro to Internet 1:30 - 3 PM	25 Intro to Email 1:30 - 3 PM	26 Open Lab Workshops 1:30 - 3 PM	27	28	29
30	31					

Active Duty Personnel May Attend on a "Stand By-Space Available" Basis Only

Instructions

Schedule at least 24 hours in advance by signing up in the ARC. Sign-up by phone is NOT available. YOU MUST HAVE A MILITARY ID CARD

Workshop enrollment is on a "first come, first serve" basis.

Please contact us 24 hours in advance if you cannot attend. Call (253) 967-2918.

Classes are for adults only. Please contact Child Development Services at 967-2494 for childcare arrangements. Children may not attend the workshops.

MARINE CORPS SCHOLARSHIP FOUNDATION

The Marine Corps Scholarship Foundation is looking for students who qualify for Academic Year 2005-2006 scholarships.

You can qualify if you are:

- * The son or daughter of a Marine on active duty or in the Reserve
- * The son or daughter of a Marine or Marine Reservist who has received an Honorable Discharge, Medical Discharge, or who was killed while in service of our country
- * The son or daughter of an active duty, reserve, or former U.S. Navy Corpsman who is serving or has served, with the U.S. Marine Corps.

And you are:

- * Senior in high school
- * A high school graduate
- * Currently enrolled as an undergraduate in an accredited college or university
- * Currently enrolled in a post high school accredited vocational/technical school

And:

- * Your 2004 family income is \$61,000* or less
- * The limit increases if siblings also apply

Application forms are available for downloading from the website as of January 1, 2005.

<http://www.marine-scholars.org>

For further information call 1-800-292-7777.

Application submission deadline is April 1, 2005.

MARINE CORPS SCHOLARSHIP FOUNDATION, INC
PO BOX 3008, PRINCETON, NJ 08543-3008

The LIFELines website (**<http://www.lifelines.navy.mil>**) is an excellent information resource for Marines, Sailors and their families. Some of the many important topics covered include; Casualty Assistance, Deployment Issues, Family Life, Military Life, Reserve Specific Issues and Veterans Issues.

This months home page features four very timely and important articles concerning Deployment and Family Readiness:

- * What's a Family Care Plan? Do You Need One?
- * Be Prepared: Protect Your Family During Deployment
- * Pulling Chocks: Coping With a Sudden Deployment
- * Preparedness for Parents: What If Something Happens to Me?